

For Children 1 Year of Age

What Your Child Will Receive Each Month

3 gallons whole milk or soy milk, 32 oz. whole milk yogurt, and 1 lb. cheese

<u>or</u> 3 gallons whole milk or soy milk and 4 lb. tofu
<u>or</u> other combinations of milk, cheese, yogurt, and tofu
are available

36 oz. breakfast cereal

2 lb. whole grains - choice of 100% whole wheat bread, pasta or tortillas; brown rice; corn tortillas; oats or oatmeal; or bulgur (cracked wheat)

128 oz. fruit juice

1 dozen eggs

1 lb. dry beans or four 16 oz. cans of beans

\$26 for fruits and vegetables





















Florida Department of Health, WIC Program FloridaWIC.org

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